



Carers' Society Otago

Community House

301 Moray Place

Dunedin 9016

Ph: (03) 471 6204 Fax: (03) 471 6205

email: carerssociety@pcconnect.co.nz

www.carersotago.org.nz

NEWSLETTER

FEBRUARY/MARCH 2014

Susan says...

Carers, how often have you said to yourself, “things will be better when they get back to normal”? And when did you finally realize that the ‘normal’ you were referring to was a distant dim memory of many, many years back?

All that waiting and anticipating the ‘back to normal’ takes a lot of emotional energy. You may be hanging on to the concept of normal, pining for it even, without any tangible proof that it ever existed. Meanwhile you are coping with ever changing circumstances and dilemmas. Ever changing demands, equipment, struggles with schedules, doctors appointments, hospital appointments, pills, and worry. These demands are all about the requirements of someone else’s health needs and journey. Someone you may love but someone else none the less. Decisions made on the fly, small trips requiring many steps, carefully planned, then all undone in the confusion of a fall, a careworker not showing up, a taxi that’s late, and all the frustration of having the day fall apart with no Plan B.

This is often your new normal and really there is nothing of substance to rely on in this new normal except change. The question here is can we accept and embrace an ever changing situation as normal. How do we cope with our resistance to change, our fear of it, our loss of the status quo, and our fear of not being able to adapt.

How do we accept change as the norm and even find some comfort in it?

If we think about the old normal and what we may have liked about it we come up with words and phrases like something to lean against, relaxing, comfy, soothing, knowing where you are with things, security, doing things without having to think about them. It almost conjures up an image of a clockwork machine, a long hot bath, or comfy slippers by the fire. We do not want to lose these secure feelings and this loss of the comfortable state of things is indeed something to grieve.

But maybe another perspective could be that the old normal was routine, boring, sluggish, uninspiring, the same day after day. You were hesitant to try new things, in fear of disturbing that calm surface of your life.

Recognizing that you cannot really avoid change, and developing a new perspective on change may help you take control and manage change as the norm. Accepting change as adventurous, challenging, inspiring, even humorous could work. What could today possibly hold? You may find your level of alertness and response to change is invigorating and gives you a new sense of control over your ever changing world. It’s all about how you ‘spin’ it.

Cheers til next time.....Susan

CARERS' MEETINGS 2014

SOUTH OTAGO CARERS' MEETINGS

Meetings are held on the first Tuesday of every month at 7 pm in the Brian Dodds Meeting Room of Clutha Health First. Note that for June, July, August, the meetings are held at 6pm.

4 March—Walk if weather permits and a social evening.

MILTON CARERS GROUP

Coffee Mornings or Afternoon Teas. We will surprise you but don't worry, we will give you plenty of notice by telephone of the date and time. Please take note of Balclutha group times.

DUNEDIN CARERS' MEETINGS

Meetings are held on the second Thursday of every month at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place.

13 February—Isabelle Moebs, Psychologist, will talk about Coping with Forgetfulness

NORTH OTAGO CARERS' MEETINGS

Meetings are held on the 2nd Tuesday of March, April, May and September, October, November, at 2 pm, in the Weston Community Church

11 March—Walk if weather permits and a social meeting.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm on the first Thursday of March, April, May and September, October, November in the new Community House in Alexandra.

6 March—Walk if weather permits and a social meeting.

YOUNG CARERS' MEETINGS

Meetings are held on the third Thursday of every month from 5:30—7:30pm.
Contact Susan or Anneloes for more information 471 6204.

DUNEDIN and MOSGIEL WALKING GROUPS

From now on we will start with a coffee. Please be there at 10am if you want to join us for a coffee, or you can get one 'to go' on the walk. We are an inclusive, not a fitness group. We pace ourselves to suit the slowest walker and sometimes break into fast and slow groups.

DUNEDIN—We meet on the fourth Tuesday of every month at 10 am.

25 February 2014.

MOSGIEL—We meet on the third Friday of every month at 10am in the foyer of the library.

21 February 2014.

NOTICENOTICE** NOTICE* **NOTICE****

NORTH OTAGO CARERS' GROUP

We are changing the dates of the meetings. We are still coming on the second Tuesday of the month at 2pm but the months of the meetings have changed. We will be coming every month in March, April, and May and then have a break until September, October November. We will try this out and see if it suits everyone.

The dates of the meetings in 2014 are:

March 11, April 8, May 13, then September 9, October 14, November 11.

CENTRAL OTAGO CARERS' GROUP

We are changing the dates of the meetings. We are still coming on the first Thursday of the month at 2pm but the months of the meetings have changed. We will be coming to Alexandra in March, April and May and then have a break until September, October, November. We will try this out and see if it suits everyone.

The dates of the meetings in 2014 are:

March 6, April 3, May 1, then September 4, October 2, November 6.

SOUTH OTAGO CARERS' GROUP

Your meeting dates will remain as the first Tuesday of every month.

MILTON COFFEE GROUP

We will organize at least four coffee group meetings in 2014.

DUNEDIN CARERS' GROUP

We will meet as usual in 2014. The second Thursday of the month at 1:30pm

We do hope this revised schedule for 2014 suits everyone. Although we are not visiting Central or North Otago through the winter months we encourage some activities for you during the times we do not meet.

NOTICE* **NOTICE** NOTICENOTICE****

TIDBITS OF INFORMATION

BOOKS ON PRESCRIPTION

Mosgiel Library hosted the formal launch of the *Books on Prescription* scheme on Monday 2nd December. The scheme is a collaborative project between the Southern Primary Health Organisation (PHO) and the Dunedin Public Libraries. The Southern PHO has found *Books on Prescription* to be a highly effective early intervention method for people suffering with mild to moderate mental illness, and Dunedin Libraries are keen to support this programme. The scheme involves a health professional, or someone from a social service agency, "prescribing" a book that addresses a particular problem that their patient or client may be experiencing. The list of books available has been carefully selected by experienced mental health professionals and addresses a range of problems including: anger, anxiety, stress, depression and self-esteem. Contact your GP or Carers' Society Otago to find out more.

ACCESSIBLE ACTIVITIES DUNEDIN

Disability Information Service has published a booklet called Accessible Activities Dunedin. The focus is mainly about wheelchair access to most of Dunedin's attractions and activities. The purpose is to enhance and increase participation for wheelchair users and their carers. Check it out with DIS in Community House or Carers' Society Otago.

Assistance or Companion Dogs

The mission of the Assistance Dogs New Zealand Trust is to enrich the lives of people with disabilities through the provision of reliable service dogs, trained to promote independent living, mobility and companionship.

What is ADNZ?

Assistance Dogs New Zealand (ADNZ) is a registered charitable trust, providing trained dogs to clients with a disability. They are committed to providing a quality service, which evaluates each applicant individually and provides assessment, training and follow-up to meet each individual's specific needs. They provide their service to people with a range of disabilities and will consider an application for any disability.

For more information visit their website www.assisteddogstrust.org.nz, or phone (07) 871 9737 or 027 271 9737 or email julie@assisteddogstrust.org.nz

Otematata Cottage

Please do not forget the offer of staying in this lovely cottage available to carers either on your own, with family, friends with or without your caree. Sleeps 11.

You are sure of a break in peaceful surroundings.

Rent is minimal.

Contact Susan or Anneloes 471 6204 for bookings.



RECIPES and COOKING TIPS

Perfect Pea and Feta Risotto

Ingredients

Pea Puree:

- 1 cup frozen Baby Peas
- 10g butter
- 2 Tbsp chicken stock or water

Method

Pea Puree:

1. To make the pea puree put frozen Baby Peas, butter and stock in a microwave proof bowl. Cover.
2. Microwave on high for 2-3 minutes, until peas are hot.
3. Place peas and cooking liquid into a food processor or blender and process until smooth. Set aside.

Risotto:

1. Heat chicken stock until almost boiling. Set aside.
2. Heat a dash of oil in a large saucepan. Add sliced leek and cook over a medium heat until leek starts to soften but not brown. Add rice and stir until the grains whiten.
3. Pour in wine and allow to reduce by half. Add 2 cups of hot stock and stir. Bring to the boil. Reduce heat. Cover and simmer for 15 minutes, stirring halfway through cooking.
4. Stir in frozen Baby Peas. Continue cooking for a further 5 minutes, adding extra stock if necessary until rice is tender. Carefully stir through prepared pea puree, lemon zest and juice and crumbled feta. Season to taste.

Risotto:

- 3 cups (625ml) chicken stock
- 1 small leek, trimmed, sliced and washed
- 1 cup risotto rice
- 1 cup frozen Baby Peas
- Zest and juice of 1/2 lemon
- 50g traditional feta, crumbled

STRAWBERRY Short Stacks

Ingredients:

- 475 mls fresh strawberries, rinsed and sliced
- 1 (16 oz) frozen sponge cake, not thawed
- Sweetened whipping cream
- Round jar or cookie cutter

Directions:

1. Cut cake in half horizontally. With cookie cutter, cut out 4 rounds from each half; cut each round into 3 layers.
2. Spread 1 Tbsp cream on each of 2 layers from one stack; top each with 4 strawberry slices. Reassemble, ending with plain round. Repeat with remaining stacks.



3. Top with whipped cream and sliced berries. Chill 10 minutes to set.

Different Takes:

1. Spread whipped cream, tinted pink, top stacks with a dollop.
2. Or brush 1 side of each cake round with orange liqueur before adding icing.
3. Or Instead of cream on the stacks, use chocolate pudding. Top with whipped cream.



Smile A While



MORE FROM THE CHRISTMAS CRACKERS

- What do you get if you cross a cow, a sheep, and a goat? A milky baa kid.
- What do hedgehogs have for lunch? Prickled onions.
- What happened to the man who didn't know the difference between putty and toothpaste? All his windows fell out.
- What is yellow and white and goes down the track at 100 miles per hour? A train driver's sandwich.
- Why is playing tennis so noisy? Because everybody raises a racket.
- What do you call a chicken in a shell suit? An egg.
- Why did the cow wear a bell? Because her horn did not work.
- How does Jack Frost get to work? By icicles.
- What do you call a man with a spade on his head? Doug.
- What does an angry kangaroo do? Get hopping mad.
- What did the envelope say to the stamp? Stick with me and we'll go places.
- What would you get if you crossed a savage dog with a block of ice? Frost bite!
- What has four legs but only one foot? A bed.
- Why don't elephants like playing cards in the jungle? Because of all the cheetahs.
- What do you call a train loaded with toffee? A chew chew train.
- What do you get if you cross a turkey with a banjo? A turkey that plucks itself.
- Why did the boy take a ruler to bed with him? Because he wanted to see how long he slept.
- What did the traffic light say to the zebra crossing? Don't look now, I'm changing.
- And on a similar note.....
- What did the mayonnaise say to the fridge? Please close the door, I'm dressing.

EMERGENCY PREPAREDNESS

It's a good idea to start 2014 with a plan. All the recent world catastrophes are hitting the headlines weekly and this keeps emergencies and emergency preparedness in the forefront of our minds. It makes us think of how prepared we are on a personal level.

If you are a carer your sense of responsibility is heightened. You are responsible not just for your own safety but for the safety of someone with a disability or illness. This person may require a lot of extra help and how can we plan for that?

One way is to prepare for medical appointments or hospital stays

The Health and Disability Commissioner has developed a Health Passport.

The Health Passport is a booklet that the carer can take when attending appointments with health providers or for hospital stays. It contains information that you want people to know about how to support and communicate with you. It helps health professionals make appropriate and safe decisions about your care. There is also a guide to help you fill out the information needed in your Passport. You can order this by <emailing healthpassport@hdc.org.nz> or visiting the website www.hdc.org.nz. There is also a freephone number 0800 11 22 33.

Carers' Society Otago also has a similar simpler version called:

FACT SHEET TO ACCOMPANY CAREE TO HOSPITAL

These are hanging on the notice board in our Carers' Lounge. Help yourself.

WALLET SIZE ID CARD

Carers, have you ever worried about what would happen to your caree if something happened to you? How would anyone know that you were caring for someone at home who was waiting for you?

As part of your emergency preparedness kit we advise you to consider carrying this wallet sized card with you at all times. This card gives information about your caree and who to contact regarding their care should something happen to make you, the carer, unable to do so. The card should give the name and telephone number of the person nominated to take over their care. Of course you should be quite careful about revealing too much information on this card and you must warn the stand in carer that you have done this. We think this is a great idea and it will hopefully give you, the carer, some peace of mind. We intend getting this card printed on card but in the meantime you can simply cut this one out of the CSO Newsletter and carry it with you.



I AM A CARER OF SOMEONE WITH A
DISABILITY OR ILLNESS

Please contact.....

Phone:.....

To ensure the uninterrupted support for my caree.
Thank you.



Some of our fabulous Volunteers help with the Newsletter mailout

**Do join us in the Carers' Lounge for a cuppa and
a chat, a bit of quiet time, or to explore our
library**

**Up the stairs or take the elevator
Community House
301 Moray Place
Dunedin**

Carers' Society Otago gratefully acknowledges the support of:

Presbyterian Support Otago	The Ministry of Health	Dunedin City Council
Otago Community Trust	COGS	New Zealand Lottery Grants Board
Dunedin Casino	Otago Polytechnic	Ace Shacklock Charitable Trust
Bendigo Valley Sports and Charity Foundation		
Carers' Donations	Waitaki District Council	Lion Foundation
Poppa's Pizza	ACE Shacklock Charitable Trust	

